**Kindness**:

Objective: Help kids understand what kindness is and come up with ideas of how they can show kindness to others.

Definition: Is the quality of being friendly, generous, and considerate.

Video: <https://www.youtube.com/watch?v=rwelE8yyY0U>

Talking points:

* What does Kindness look like? (Being Kind to those around you, whether by action or word.)
* How does it feel to be shown kindness?
* Kindness is a way to make new friends.
* How can you show kindness at school every day? (Suggestions: Saying “hello” to the new person in class, or on the playground. Including everyone when playing soccer.)

Books that illustrate Respect: (\*Indicates this book can be found in Cassie’s Library)

* How Full is Your Bucket by, Tom Rath, Mary Rechmeyer and Maurie J. Manning
* Be Polite and Kind by, Cheri Meiners and Meredith Johnson
* Knowing and Doing What’s Right by, Pamela Espeland & Elizabeth Verdick\*

Activities:

* Read the children a story and change events by either increasing or decreasing different kindness behaviors identified in the story. Discuss how the changes might affect the rest of the story.
* Type up and print out different acts, acts of kindness, acts of being mean, and acts of kindness executed in a mean way. Cut them into strips. Split the class into teams of two, three, or four (depending on class size). Either have place a strip in each group, and have them come up with which category it fits in, or read the strips aloud and call on the groups individually (in order) to have them say what the answer is. If they say the incorrect answer, move to another group to answer.